

# THE EDUCATION UNIVERSITY OF HONG KONG

## Course Outline

### Part I

Programme Title	: Bachelor of Education (Honours) (Physical Education)
Programme QF Level	: 5
Course Title	: Outdoor and Adventure Activities
Course Code	: PES3176
Department	: Health and Physical Education
Credit Points	: 3
Contact Hours	: 54 (face to face lecture)
Pre-requisite(s)	: NIL
Medium of Instruction	: Chinese
Level	: 3

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### Part II

The University's Graduate Attributes and seven Generic Intended Learning Outcomes (GILOs) represent the attributes of ideal EdUHK graduates and their expected qualities respectively. Learning outcomes work coherently at the University (GILOs), programme (Programme Intended Learning Outcomes) and course (Course Intended Learning Outcomes) levels to achieve the goal of nurturing students with important graduate attributes.

In gist, the Graduate Attributes for Sub-degree, Undergraduate, Taught Postgraduate, Professional Doctorate and Research Postgraduate students consist of the following three domains (i.e. in short "PEER & I"):

- Professional Excellence;
- Ethical Responsibility; &
- Innovation.

The descriptors under these three domains are different for the three groups of students in order to reflect the respective level of Graduate Attributes.

The seven GILOs are:

1. Problem Solving Skills
2. Critical Thinking Skills
3. Creative Thinking Skills
- 4a. Oral Communication Skills
- 4b. Written Communication Skills
5. Social Interaction Skills
6. Ethical Decision Making
7. Global Perspectives

### 1. Synopsis

This course provides an opportunity for participants to examine and experience the value of outdoor education activities. It aims to develop participants' content knowledge and skills in the physical activities of hiking, camping, canoeing and rope course etc. Principles and issues concerning outdoor education are integrated with practical experience.

## 2. Course Intended Learning Outcomes (CILOs)

Upon completion of this course, students will be able to:

CILO<sub>1</sub> demonstrate a critical knowledge and understanding of outdoor education.

CILO<sub>2</sub> acquire skill proficiency in the selected activities of hiking, camping, canoeing, rock climbing and rope course.

CILO<sub>3</sub> demonstrate the ability to organise school-based outings, day-camps, residential camps and short expeditions.

CILO<sub>4</sub> show an appreciation of the delicate relationship between human beings and the great outdoors.

## 3. Content, CILOs and Teaching & Learning Activities

Course Content	CILOs	Suggested Teaching & Learning Activities
The relationship between human being and the great outdoors	CILO <sub>1,4</sub>	Lecture, group discussion, on-line self-learning
The nature of outdoor education.	CILO <sub>1,4</sub>	Lecture, group discussion, on-line self-learning
Procedures and safety for hiking, camping, canoeing, rock climbing and rope course	CILO <sub>2</sub>	Lecture, group discussion, on-line self-learning
Map reading and Hiking technique.	CILO <sub>2</sub>	Skills demonstration & practice, individual & group games
Organizing day trips and outdoor training camp.	CILO <sub>2,3</sub>	Lecture, group discussion, on-line self-learning
Basic canoeing skills.	CILO <sub>2</sub>	Skills demonstration & practice, individual & group games
Knots applications and elementary techniques for rock climbing and rope courses.	CILO <sub>2,3</sub>	Skills demonstration & practice, individual & group games

## 4. Assessment

Assessment Tasks	Weighting (%)	CILO
(a) Students are required to complete a series of performance assessments demonstrating proficiency in the application of skills in canoeing, rock climbing and rope course.	70%	CILO <sub>2,3</sub>
(b) Participants are required to submit a group project on planning and implementing an outdoor training camp of three days and two nights. Participants are required to submit a 1000 words individual reflection at the same time.	30%	CILO <sub>1,4</sub>

## 5. Use of Generative AI in Course Assessments

Please select one option only that applies to this course:

**Not Permitted:** In this course, the use of generative AI tools is not allowed for any assessment tasks.

**Permitted:** In this course, generative AI tools may be used in some or all assessment tasks. Instructors will provide specific instructions, including any restrictions or additional requirements (e.g., proper acknowledgement, reflective reports), during the first lesson and in relevant assessment briefs.

## 6. Required Text(s)

NIL

## 7. Recommended Readings

Hill, P. (2007). *Rock climbing: Introduction to essential technical skills for leaders and seconds*. Milnthorpe [England]: Cicerone.

Hill, P. (2007). *Sport climbing: Technical skills for climbing bolted routes*. Milnthorpe, Cumbria [England]: Cicerone.

Pawson, D., Gale Group, Gale Research Inc, Information Access Company, Primary Source Media, & Thomson Gale. (2012). *Knots the complete visual guide* (1st American ed.). New York: DK.

Redmond, K., Foran, A., & Dwyer, S. (2010). *Quality lesson plans for outdoor education*. Champaign, IL: Human Kinetics.

Steffen, J., & Stiehl, J. (2010). *Teaching lifetime outdoor pursuits*. Champaign, IL: Human Kinetics.

Wagstaff, M., & Attarian, A. (2009). *Technical skills for adventure programming: A curriculum guide*. Champaign, IL: Human Kinetics.

吳漢明、鄭瑞隆、盧仲文 (2004)：《歷奇活動安全手冊：理論與實踐》，香港，匯智出版有限公司。

吳漢明、鄭瑞隆、張肇賢、王培安 (2007)：《挑戰繩網教練手冊》，香港：匯智出版。

何淑珠、黃炎良、陳運家 (2010)：《競技攀岩指南》，香港：阿湯圖書。

賈斯.哈丁著，馬克譯 (2012)：《攀岩寶典 Rock & Wall Climbing》，台北市，大都會文化發行。

克雷格·康納利著，嚴冬冬譯 (2012)：《登山手冊（修訂版）The Mountaineering Handbook》，北京，人民郵電出版社。

## 8. Related Web Resources

Agriculture, Fisheries and Conservation Department - Country Parks

[http://www.afcd.gov.hk/english/country/cou\\_vis/cou\\_vis\\_cou/cou\\_vis\\_cou.html](http://www.afcd.gov.hk/english/country/cou_vis/cou_vis_cou/cou_vis_cou.html)

Challenge Course Association of Hong Kong, China

<http://www.ccahkc.org/>

Education Bureau - Guidelines on Outdoor Activities 2008

[http://www.edb.gov.hk/FileManager/EN/Content\\_100/e\\_outdoor\\_2010\\_v3.pdf](http://www.edb.gov.hk/FileManager/EN/Content_100/e_outdoor_2010_v3.pdf)

Hong Kong Canoe Union

<http://www.hkcucanoe.com.hk>

Hong Kong Mountaineering Union

<http://www.hkmou.org.hk/>

**9. Related Journals**

NIL

**10. Academic Honesty**

The University upholds the principles of honesty in all areas of academic work. We expect our students to carry out all academic activities honestly and in good faith. Please refer to the Policy on Academic Honesty, Responsibility and Integrity (<https://www.eduhk.hk/re/uploads/docs/000000000016336798924548BbN5>). Students should familiarize themselves with the Policy.

**11. Others**

NIL